



# June 2022

## Calendar of Events

336-753-6230



Main Campus: Bobby H. Knight Senior Services Building  
278 Meroney Street, Mocksville, NC

Brock Campus: Brock Recreation Center  
644 North Main Street, Mocksville, NC

### Wednesday, June 1

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Woodcarving - 9:00 - 11:00 AM - Classrooms A/B - Main Campus
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus & Zoom
- ♦ Basketball Open Play - 10:00 - 11:00 AM - Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room - Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Duplicate Bridge - 1:00 - 4:15 PM - Multipurpose Room - Main Campus
- ♦ A Matter of Balance - 2:00 - 4:00 PM - New Classroom - Main Campus
- ♦ Pickleball Open Play - 5:30 - 7:00 PM - Gym - Brock Campus
- ♦ Zumba - 6:00 - 7:00 PM - Exercise Room - Brock Campus

### Thursday, June 2

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM - Davie County Community Park
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus
- ♦ Singing Seniors - 10:00 AM - Classrooms A/B - Main Campus
- ♦ Texas Hold 'Em - 1:00 PM - New Classroom - Main Campus
- ♦ Senior Writing Group - 2:00 PM - Classrooms A/B - Main Campus
- ♦ Chair Yoga - 4:00 - 5:00 PM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Social Line Dancing - 6:00 PM - Exercise Room - Brock Campus

### Friday, June 3

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM - Gym - Brock Campus
- ♦ Karaoke & Dance - 1:00 - 4:00 PM - Exercise Room - Brock Campus
- ♦ Golden Anniversary Party - 1:00 PM - Multipurpose Room - Main Campus

### Monday, June 6

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus

- ♦ Bowling League - 9:00 AM - Creekside Lanes - \$
- ♦ Art Class - 9:00 AM - 12:00 PM - Classrooms A/B - Main Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM - Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room - Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Skipbo - 1:00 PM - New Classroom - Main Campus
- ♦ Cheerleading - 4:00 - 5:00 PM - Exercise Room - Brock Campus
- ♦ Yoga - 6:00 PM - Exercise Room - Brock Campus **\*must be pre-registered\***

### Tuesday, June 7

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM - Davie County Community Park
- ♦ Quilting - 9:30 - 11:30 AM - Classrooms A/B - Main Campus
- ♦ Social Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus
- ♦ Blood Pressure Screening - 10:00 AM - Multipurpose Room - Main Campus
- ♦ Dominoes - 1:00 PM - New Classroom - Main Campus
- ♦ Zumba - 6:00 - 7:00 PM - Exercise Room - Brock Campus

### Wednesday, June 8

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Woodcarving - 9:00 - 11:00 AM - Classrooms A/B - Main Campus
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus & Zoom
- ♦ Basketball Open Play - 10:00 - 11:00 AM - Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room - Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Papercrafting Extravaganza - 1:00 PM - Classrooms A/B - Main Campus
- ♦ Duplicate Bridge - 1:00 - 4:15 PM - Multipurpose Room - Main Campus
- ♦ A Matter of Balance - 2:00 - 4:00 PM - New Classroom - Main Campus
- ♦ Pickleball Open Play - 5:30 - 7:00 PM - Gym - Brock Campus
- ♦ Zumba - 6:00 - 7:00 PM - Exercise Room - Brock Campus



# June 2022

## Calendar of Events



### Thursday, June 9

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM - Davie County Community Park
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus
- ♦ Singing Seniors - 10:00 AM - Classrooms A/B Main Campus
- ♦ Scams & Fraud - 10:00 AM - Multipurpose Room - Main Campus
- ♦ Book Club - 12:30 PM  
Davie County Public Library - Mocksville
- ♦ Texas Hold 'Em - 1:00 PM - New Classroom - Main Campus
- ♦ Chair Yoga - 4:00 - 5:00 PM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Social Line Dancing - 6:00 PM - Exercise Room - Brock Campus

### Friday, June 10

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM - Gym - Brock Campus
- ♦ Karaoke & Dance - 1:00 - 4:00 PM  
Exercise Room - Brock Campus
- ♦ Armchair Adventures Hawaii - 1:00 PM - Multipurpose Room - Main Campus
- ♦ Crafternoon - Stencil Tote Bag - 2:00 PM - Davie County Public Library, Mocksville

### Monday, June 13

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Bowling League - 9:00 AM - Creekside Lanes - \$
- ♦ Art Class - 9:00 AM - 12:00 PM - Classrooms A/B - Main Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM - Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room - Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Skipbo - 1:00 PM - New Classroom - Main Campus
- ♦ Cheerleading - 4:00 - 5:00 PM - Exercise Room - Brock Campus
- ♦ Yoga - 6:00 PM - Exercise Room - Brock Campus **\*must be pre-registered\***

### Tuesday, June 14

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM - Exercise Room - Brock Campus

- ♦ Pickleball Open Play - 9:30 - 11:00 AM - Davie County Community Park
- ♦ Quilting - 9:30 - 11:30 AM - Classrooms A/B - Main Campus
- ♦ Social Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus
- ♦ Novant Health Seminar - 10:00 AM - Multipurpose Room - Main Campus
- ♦ Coffee & Caregiving - 10:00 AM - New Classroom - Main Campus
- ♦ Dominoes - 1:00 PM - New Classroom - Main Campus
- ♦ Got Plans? - 1:00 PM  
Classrooms A/B - Main Campus
- ♦ Zumba - 6:00 - 7:00 PM - Exercise Room - Brock Campus

### Wednesday, June 15

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Woodcarving - 9:00 - 11:00 AM - Classrooms A/B - Main Campus
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus & Zoom
- ♦ Basketball Open Play - 10:00 - 11:00 AM - Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room - Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Basketweaving - 1:00 PM - Classrooms A/B Main Campus
- ♦ Duplicate Bridge - 1:00 - 4:15 PM - Multipurpose Room - Main Campus
- ♦ A Matter of Balance - 2:00 - 4:00 PM  
New Classroom - Main Campus
- ♦ Pickleball Open Play - 5:30 - 7:00 PM - Gym - Brock Campus
- ♦ Zumba - 6:00 - 7:00 PM - Exercise Room - Brock Campus

### Thursday, June 16

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM - Davie County Community Park
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus
- ♦ Singing Seniors - 10:00 AM - Classrooms A/B Main Campus
- ♦ Texas Hold 'Em - 1:00 PM - New Classroom - Main Campus
- ♦ Chair Yoga - 4:00 - 5:00 PM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Social Line Dancing - 6:00 PM - Exercise Room - Brock Campus



# June 2022

## Calendar of Events



### Friday, June 17

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM - Gym - Brock Campus
- ♦ Karaoke & Dance - 1:00 - 4:00 PM - Exercise Room - Brock Campus

### Monday, June 20

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Bowling League - 9:00 AM - Creekside Lanes - \$
- ♦ Art Class - 9:00 AM - 12:00 PM - Classrooms A/B - Main Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM - Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room - Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Skipbo - 1:00 PM - New Classroom - Main Campus
- ♦ Monthly Movie - 1:00 PM - Multipurpose Room - Main Campus
- ♦ Cheerleading - 4:00 - 5:00 PM - Exercise Room - Brock Campus
- ♦ Yoga - 6:00 PM - Exercise Room - Brock Campus **\*must be pre-registered\***

### Tuesday, June 21

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM - Davie County Community Park
- ♦ Quilting - 9:30 - 11:30 AM - Classrooms A/B - Main Campus
- ♦ Social Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus
- ♦ Div. of Services for the Deaf & Hard of Hearing - 10:00 AM - New Classroom - Main Campus
- ♦ Tech Tuesday - 10:00 AM - Computer Lab - Main Campus
- ♦ Dominoes - 1:00 PM - New Classroom - Main Campus
- ♦ Bingo - 1:00 PM - Multipurpose Room - Main Campus
- ♦ Zumba - 6:00 - 7:00 PM - Exercise Room - Brock Campus

### Wednesday, June 22

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM -

Exercise Room - Brock Campus

- ♦ Woodcarving - 9:00 - 11:00 AM - Classrooms A/B - Main Campus
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus & Zoom
- ♦ Basketball Open Play - 10:00 - 11:00 AM - Gym - Brock Campus
- ♦ Yoga - 11:00 AM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Yoga - 12:15 PM - Exercise Room - Brock Campus & Zoom **\*must be pre-registered\***
- ♦ Duplicate Bridge - 1:00 - 4:15 PM - Multipurpose Room - Main Campus
- ♦ Pickleball Open Play - 5:30 - 7:00 PM - Gym - Brock Campus
- ♦ Zumba - 6:00 - 7:00 PM - Exercise Room - Brock Campus

### Thursday, June 23

- ♦ Level 1 Line Dancing - 8:45 - 9:45 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 9:30 - 11:00 AM - Davie County Community Park
- ♦ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus
- ♦ Singing Seniors - 10:00 AM - Classrooms A/B - Main Campus
- ♦ Texas Hold 'Em - 1:00 PM - New Classroom - Main Campus
- ♦ Good Health Club - 1:00 PM - Classrooms A/B - Main Campus
- ♦ Chair Yoga - 4:00 - 5:00 PM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ♦ Social Line Dancing - 6:00 PM - Exercise Room - Brock Campus

### Friday, June 24

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Pickleball Open Play - 10:00 - 11:30 AM - Gym - Brock Campus
- ♦ Karaoke & Dance - 1:00 - 4:00 PM - Exercise Room - Brock Campus
- ♦ Grandparents & Me - 2:00 PM - Multipurpose Room - Main Campus

### Monday, June 27

- ♦ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ♦ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ♦ Art Class - 9:00 AM - 12:00 PM - Classrooms A/B - Main Campus
- ♦ Bowling League - 9:00 AM - Creekside Lanes - \$





# June 2022

## Calendar of Events



- ◆ Pickleball Open Play - 10:00 - 11:30 AM - Gym - Brock Campus
- ◆ Yoga - 11:00 AM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ◆ Yoga - 12:15 PM - Exercise Room - Brock Campus & Zoom **\*must be pre-registered\***
- ◆ What's Cooking? - 1:00 PM - Multipurpose Room - Main Campus
- ◆ Skipbo - 1:00 PM - New Classroom - Main Campus
- ◆ Cheerleading - 4:00 - 5:00 PM - Exercise Room - Brock Campus
- ◆ Yoga - 6:00 PM - Exercise Room - Brock Campus **\*must be pre-registered\***

### **Tuesday, June 28**

- ◆ Level 1 Line Dancing - 8:45 - 9:45 AM - Exercise Room - Brock Campus
- ◆ Pickleball Open Play - 9:30 - 11:00 AM - Davie County Community Park
- ◆ Quilting - 9:30 - 11:30 AM - Classrooms A/B - Main Campus
- ◆ Social Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus
- ◆ Coffee & Caregiving - 10:00 AM - New Classroom - Main Campus
- ◆ Dominoes - 1:00 PM - New Classroom - Main Campus
- ◆ Zumba - 6:00 - 7:00 PM - Exercise Room - Brock Campus

### **Wednesday, June 29**

- ◆ SilverHealth - 8:30 - 9:00 AM - Exercise Room - Brock Campus
- ◆ Morning Wake Up - 9:00 - 9:30 AM - Exercise Room - Brock Campus
- ◆ Woodcarving - 9:00 - 11:00 AM - Classrooms A/B - Main Campus
- ◆ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus & Zoom
- ◆ Basketball Open Play - 10:00 - 11:00 AM - Gym - Brock Campus
- ◆ Yoga - 11:00 AM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ◆ Yoga - 12:15 PM - Exercise Room - Brock Campus & Zoom **\*must be pre-registered\***
- ◆ Duplicate Bridge - 1:00 - 4:15 PM - Multipurpose Room - Main Campus
- ◆ Pickleball Open Play - 5:30 - 7:00 PM - Gym - Brock Campus
- ◆ Zumba - 6:00 - 7:00 PM - Exercise Room - Brock Campus

### **Thursday, June 30**

- ◆ Level 1 Line Dancing - 8:45 - 9:45 AM - Exercise Room - Brock Campus
- ◆ Pickleball Open Play - 9:30 - 11:00 AM - Davie County Community Park

- ◆ Level 2 Line Dancing - 9:45 - 10:45 AM - Exercise Room - Brock Campus
- ◆ Singing Seniors - 10:00 AM - Classrooms A/B - Main Campus
- ◆ Texas Hold 'Em - 1:00 PM - New Classroom - Main Campus
- ◆ Chair Yoga - 4:00 - 5:00 PM - Exercise Room - Brock Campus **\*must be pre-registered\***
- ◆ Social Line Dancing - 6:00 PM - Exercise Room - Brock Campus



### **Daily Happenings:**

#### **Main Campus:**

Senior Lunchbox - **11:00 AM**  
 Computer Lab - **8:00 AM - 4:30 PM**  
**unless otherwise posted.**  
 Drop In Activities - **8:00 AM - 4:30 PM**

#### **Brock Campus:**

SHIIP Appointments - **call to schedule.**  
 Walking Hours - **8:00 - 10:00 AM**  
**unless otherwise posted - Gym**  
 Open Gym - **10:00 AM - 8:00 PM**  
**unless otherwise posted.**

Fitness Room -

**Monday - Thursday: 8:00 AM - 8:00 PM**

**Friday: 8:00 AM - 4:30 PM**